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Dieting is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight, or to prevent and treat diseases, such as ...

Dieting - Wikipedia

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Weight Loss â€“ The Health Sciences Academy

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Background Trials comparing the effectiveness and safety of weight-loss diets are frequently limited by short follow-up times and high dropout rates. Methods In this ...

Weight Loss with a Low-Carbohydrate, Mediterranean, or Low

Firstly this topic is not to talk about the Gastric band. I had a 'sleeve' surgery 13 months ago. It's a surgery where they removed 80% of my stomach pouch. I j

Sleeve Gastrectomy - Weight loss surgery - Health - Lifestyle

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A look at longer fasting regimens extending past several days and why I call it the Ancient Secret of weight loss.

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